

Ann Arbor & Ypsilanti



Ypsilanti/Women's Health Center

Joy of Soy

Healthy Cooking

12/3/2007

5:30 - 7:00 pm

Take advantage of the many health benefits that soy has to offer. Incorporate a variety of different soy foods into your diet such as tofu, tempeh, soy flour, soy milk, TVP and more. Learn creative ways to begin including these tasty and nutritious foods into your daily menu. Stuffed Pasta Shells, Tempeh Topper, Pina Colada Shake, Nacho Casserole, Oatmeal-Soy Bread, Coconut Curry Tofu and Chocolate Pudding.

Cost: \$30.00

Contact: 734-712-5800

"Cooking class fees are non-refundable and non-transferable"

www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=3442

Ypsilanti/Women's Health Center

Get Hooked On Fish

Healthy Cooking

12/6/07

5:30 - 7:00 pm

Crisp-Crusted Catfish with Roasted Red Pepper Remoulade, Fresh Salmon Bake with Pecan Crunch Coating, Herbed Halibut Filets en Papillote, Alaskan Salmon Pasta Salad, Tuna & Shrimp Fajitas, and Fisherman's Stew.

Fee: \$30

Contact: 734-712-5800

www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=3426

Ypsilanti/Women's Health Center

Cardio Circuit

Mondays

thru 12/17/2007

7:30 am - 8:15 am

Fat-burning combinations of anything from basic kickboxing to low-impact aerobics. Strength training included to firm the abs, back, upper and lower body-taught all together or in a circuit training format. 7 weeks

Cost/Fee \$40.00

Contact Information 734-712-5800



Ypsilanti/Women's Health Center

Cardio Kickboxing

Wednesdays

thru 12/17/2007

6:30 pm - 7:30 pm

Enjoy a great cardio workout. Martial arts are incorporated into this high energy class. Learn basic kickboxing drills and kickbox choreography for a maximal "fat burning" class! Equipment may be used at the end of class and a nice abdominal workout will be included in the class format.

Cost/Fee \$68.00

Contact Information 734-712-5800

Ann Arbor & Ypsilanti

Joyful Holidays!



Ypsilanti/Women's Health Center
Yoga/Pilates Fusion
Mondays thru 12/17
or
Wednesdays thru 12/19

Enjoy the best of both worlds! Both flowing and held poses will be performed as well as Pilates matwork emphasizing the muscles of the core. Come away feeling invigorated, relaxed and peaceful.

Cost: \$68

Contact: 734-712-5800

[www.sjmercyhealth.org/body.cfm?](http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=3431)

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St. Jo Mercy Health System



Healthy Hearts Yoga

6 weeks duration

Tuesdays, 5:30 pm - 6:45 pm
(on-going)

Gentle stretching, yoga postures and techniques for relaxation and stress management; no need to bend like a pretzel. Ideal for people with or at risk for cardiovascular disease. Classes are offered every Tuesday. Purchase a six-week package for \$60.00 to be used over an eight-week period. Payment may be made at your first class. **FREE first-trial class!** Begin at any time.

Contact: 734-712-3546

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1056>

St. Joseph Mercy Health System
Healthy Lifestyle Education Classes

Check for on-going wellness classes

Mat Pilates, Strength Training, Yoga,

Support Group information, Finding Balance in Work & Life, Hypnosis for Weight Reduction, and more

For additional information, call (734) 712-3583

www.sjmercyhealth.org/

St. Jo Mercy Health System

Runner's Clinic



Exercise and Fitness

4972 B Clark Road, Suite 200, Ypsilanti

Wednesdays, 5:00 pm (on-going)

This is an ongoing program to assist runners in fine tuning their technique while gaining information and insight into the prevention of injuries. MSOC will also help runners improve their efficiency to improve their running times.

For more information, see the Michigan Sports Medicine and Orthopedic Center's website.

Contact: 734-434-3020

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1465>